



## June Events

**Great Outdoors  
Month**

**Men's Health  
Month**

**Dairy Month  
Fishing Month**

**Say Something  
Nice Day**  
*June 1*

**International  
Firefighters Day**  
*June 4*

**Sun Safety  
Week**  
*June 7–13*

**Flip-Flop Day**  
*June 19*

**Lightning Safety  
Awareness Week**  
*June 21–27*

**Day of the  
Seafarer**  
*June 25*

# Good Times Senior

**June  
2015  
Volume 12**

***Brunswick Senior Center  
Monthly Newsletter***

## Men's Health Month

Is it the donuts? The BBQ? The beer? When it comes to the proverbial battle of the sexes, women are winning when it comes to health. Unfortunately, many men put their health last. But June is Men's Health Month—a time to cast aside being macho and embrace the advice medical science has to offer.



Lucky for men, the top threats to their health aren't secret. The leading threat to men's health is cardiovascular disease, the hardening of arteries that often leads to strokes or heart attacks. To combat this deadly disease, commonsense medical advice applies: exercise at least 30 minutes a day, eat more fruits and vegetables, get your cholesterol checked, and stop smoking. Quitting smoking will also reduce the chance of lung cancer, another leading threat to men.

Another cancer that affects many men as they age is prostate cancer. Luckily, most prostate cancers are slow-growing and unlikely to spread ...if caught early. Perhaps one of the most important decisions a man can make is to regularly visit a doctor for checkups. Amazingly, women are 100% more likely to visit a doctor for an annual checkup than men. Visiting a doctor is truly the first, and easiest, step in improving a man's health.

Throughout the month of June, people will be wearing blue in support of men's health issues. For you men out there, June may just be just the time to try a new hobby or exercise, such as yoga, weight lifting, tai chi, golf, fishing, gardening, or woodworking. Even a daily walk can bring innumerable benefits to both mind and body. Activities that exercise the body also reduce stress and provide a social outlet. June 21 is Father's Day, but it may also be a great day to schedule an appointment with a doctor.

*This publication is a resource produced and distributed by the Frederick County Department of Aging. For additional information about this or other programs and services, visit the website at [www.FrederickCountyMD.gov/Aging](http://www.FrederickCountyMD.gov/Aging) or contact the FCDoA at 1440 Taney Avenue, Frederick, MD 21702, phone 301-600-1605, or email [DeptOfAging@FrederickCountyMD.gov](mailto:DeptOfAging@FrederickCountyMD.gov).*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Sign-up for <u>Urbana Picnic</u> by June 2	<b>Center Closed</b>	<b>1</b> 9:00 Strength Tr. 10:30 Fred Baileiss "Depression"	<b>3</b> 10:30 Sit & Be Fit 11:30 BP Self-check 11:45 Nutrition Min. 12:45 BINGO	<b>4</b> 9:00 Strength Tr. <b>Whole Grains Day</b> 12:30 Birthday cake & Ice Cream 1:00 Creativity Corner-Sign up for Tree Collage	<b>5</b> 10:00 – 3:00 Lunch out & Wal-Mart Shopping Charlestown, WV	<b>6</b> Department trips for June: 6/19-Baltimore Harbor Cruise 6/25-Pennsylvania Opry
<b>7</b> 	<b>Center Closed</b>	<b>8</b> 9:00 Strength Tr. 10:30 Wii Bowling 12:00 Church Lunch 12:45 Trivia 5:30 PIZZA & Card Party	<b>10</b> 10:30 Nurse Steve "Allergies" 12:45 BINGO	<b>11</b> 9:00 Strength Tr. CENTER CLOSED 10:00 – 3:00 <b>USC PICNIC</b>	<b>12</b> 10:15 Card Games 11:30 Trivia 12:00 Waffle Bar <u>Join us for lunch and</u> <u>make your own waffle</u> <u>w/toppings</u> 1:00 Local Shopping	<b>13</b> Creativity Corner <b>Special collage</b> <b>project begins</b> <b>Thursday June 4</b>
<b>14</b>  Flag Day (US)	<b>Center Closed</b>	<b>15</b> 9:00 Strength Tr. 10:30 Wii Bowling <b>11:00 Nutrition</b> <b>Program w/Kitty</b> 1:00 Junk Drawer Detective	<b>17</b> 10:30 Sit & Be Fit 11:30 Lunch out with Friends at the <b>Country Café'</b>	<b>18</b> 9:00 Strength Tr. 10:30 Video Ex. 12:00 <b>Special Meal</b> <b>for JUNE</b> 1:00 I Spy, let's talk about Drones	<b>19</b> 10:15 Card Games 11:30 Trivia 1:00 Local Shopping	<b>20</b> 
<b>21</b>  Father's Day Summer Begins	<b>Center Closed</b>	<b>22</b> 9:00 Strength Tr. 10:30 Wii Bowling 11:45 Trivia 5:30 Dinner & Card Party	<b>24</b> 10:30 Sit & Be Fit 11:00 Butterfly Craft project with Daycare 11:30 BP Self-check 12:45 BINGO	<b>25</b> 9:00 Strength Tr. 10:30 Video Ex. 10:30 Mobile I & A* 1:00 Creativity Corner-Finish up our Tree Collage projects	<b>26</b> 10:15 Card Games 12:00 Boxed lunch 1:00 Local Shopping	<b>27</b> 
<b>28</b> <i>Brunswick</i> <b>Senior Center</b> "Where the finest people meet"	<b>Center Closed</b>	<b>29</b> 9:00 Strength Tr. 10:30 Wii Bowling 1:00 Let's talk candy				

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> CENTER CLOSED	<b>2</b> Turkey/American Cheese Mixed Baked Beans Pickled Beets Fresh Orange Diced Pears Rye Bread	<b>3</b> Baked Ham in Pineapple Sauce Green Beans Sweet Potatoes Applesauce Wheat Bread	<b>4</b> Pasta & Meatballs in Sauce Fresh Broccoli Slaw Diced Peaches Dinner Roll Birthday Cake & Ice Cream	<b>5</b> Wal-Mart Shopping Trip
<b>8</b> CENTER CLOSED	<b>9</b> Sweet Sour Meatballs Brown Rice Peas & Carrots Diced Pears Wheat Bread	<b>10</b> Turkey/American Cheese Potato Salad Cole Slaw Fruit Cocktail Lettuce & Tomato	<b>11</b> Meatloaf w/Gravy Parsley Noodles Peas & Pearl Onions Fruit Cocktail Wheat Bread	<b>12</b> Grilled Chicken Pasta Salad Fresh Baby Spinach Fruit Cocktail Corn Muffin
<b>15</b> CENTER CLOSED	<b>16</b> Thai Curry Chicken White Rice Steamed Carrots Fresh Cucumber Salad Wheat Dinner Roll	<b>17</b> Hamburger w/Pizza Sauce/Mozzarella Cheese On a Roll Potato Salad Cole Slaw Diced Peaches	<b>18</b> Fresh Melon Eye of Round w/Gravy Baby Whole Potatoes Baby Carrots/w Onion & Celery Cole Slaw Brownie w/Whipped Cream	<b>19</b> Chef's Choice
<b>22</b> CENTER CLOSED	<b>23</b> Baked Potato Chili Con Carne Cheddar Cheese Tossed Salad Ranch Dressing Applesauce	<b>24</b> 1/4 lb Beef Hot Dogs Baked Beans Cole Slaw Pineapple Tidbits Hot Dog Roll	<b>25</b> Key West Black Bean Soup Turkey/Swiss Cheese On Rye Bread Lettuce & Tomato Macaroni Salad Applesauce	<b>26</b> Chicken Paprikash Parsley Noodles Green Beans Sliced Apples Wheat Dinner Roll
<b>29</b> CENTER CLOSED	<b>30</b> Meatloaf w/Gravy White Rice Steamed Broccoli Cuts Pea & Corn Salad Mandarin Oranges Wheat Bread			

~Menus subject to change~

~Milk and Juice are served with every meal~





## June Birthdays

In astrology, those born between the 1st and the 21st of June are Gemini's Twins.

Geminis love conversation, and they're good at it too! Witty, intellectual, curious, charming, and imaginative, they're often the life of the party. If you were born in June between the 22nd and 30th, that makes you a Crab of Cancer. Crabs are nurturers, dedicated to their home and family. Gentle and kind, they love storytelling around the dinner table and enjoy upholding traditions.

Celebrities born in June include:

Andy Griffith (actor) – June 1, 1926

Morgan Freeman (actor) – June 1, 1937

Marilyn Monroe (actress, model) – June 1, 1926

Tony Curtis (actor) – June 3, 1925

Allen Ginsberg (Beat poet) – June 3, 1926

Curtis Mayfield (singer) – June 3, 1942

### **Lloyd F - June 7**

Dean Martin (singer, actor) – June 7, 1917

Joan Rivers (comedian) – June 8, 1933

### **William O. - June 9**

### **Kathleen L - June 10**

F. Lee Bailey (attorney) – June 10, 1933

Gene Wilder (director) – June 11, 1933

Anne Frank (Holocaust diarist) – June 12, 1929

Burl Ives (singer) – June 14, 1909

Stan Laurel (of Laurel and Hardy) – June 16, 1890

### **Eleanor N. - June 19**

Lou Gehrig (baseball player) – June 19, 1903

Lionel Richie (singer) – June 20, 1949

### **Norma L. - June 21**

Jane Russell (actress) – June 21, 1921

### **Marian C. - June 22**

Meryl Streep (actress) – June 22, 1949

June Carter Cash (singer) – June 23, 1929

Mel Brooks (actor) – June 28, 1926

King Henry VIII (English King) – June 28, 1491

Lena Horne (singer) – June 30, 1917



## DOG LOGIC—

If a dog was the teacher you would learn things like:

1. When loved ones come home, always run to greet them.
2. Never pass up the opportunity to go for a joyride.
3. Allow the experience of fresh air and the wind in your face to be pure ecstasy.
4. Take naps.
5. Stretch before rising.
6. Run, romp, and play daily.
7. Thrive on attention and let people touch you.
8. Avoid biting when a simple growl will do....unless it is a dognapper.
9. On warm days, stop to lie on your back on the grass.
10. On hot days, drink lots of water and lie under a shady tree.
11. When you're happy, dance around and wag your entire body.
12. Delight in the simple joy of a long walk.
13. Eat with gusto and enthusiasm. Stop when you have had enough.
14. Be loyal. Never pretend to be something you're not.
15. If what you want lies buried, dig until you find it.
16. When someone is having a bad day, be silent, sit close by and nuzzle them gently.
17. Be always grateful for each new day.



## Summer-a-Flutter

The first Saturday in June has been declared Butterfly Education and Awareness Day, or BEAD (for those in the

know). What is it about butterflies that so enamors us? Surely these are beautiful animals—symbols of nature, beauty, freedom, and peace. But, as the saying goes, beauty is only skin (or in this case wing) deep. But what else is important about the butterfly?

Along with bees and flies, butterflies are the world's greatest pollinators. More than 75% of the world's flowering plants depend on pollinators in order to reproduce. Pollinators are responsible for supplying 33% of the world's supply of food and drink. That's right—without pollinators, we lose one-third of our food supply. It is no coincidence that June 15–21 is World Pollinator Week, a nod to all those hard-working insects and animals that bring us apples, blueberries, almonds, cucumbers, squash, tomatoes, coffee, and much more.

Delicate butterflies are also indicator species. This means that the health of a butterfly population can tell us a great deal about the health of an entire ecosystem. Butterflies are so sensitive to their environment that the addition of a harmful chemical to the air, pollution in the water, a slight change in temperature, or the loss of habitat will dramatically affect an entire butterfly population. This allows humans to monitor the health of our surroundings.

Whether we marvel at the 3,000-mile migration of the monarch butterfly from New England to Mexico, delight at the metamorphosis of a caterpillar into a butterfly, or draw inspiration from the beautiful and varied patterns of butterfly wings, let us also not forget the importance of these marvelous insects. Plant flowers, trees, and shrubs that attract butterflies to your garden—and we can all reap the benefits.

## Setting out on the Boats of Yesteryear

Some of the best natural places in the world are accessible only by boat, and few boats are better suited for adventuring than canoes.



Perhaps this is why canoes get a holiday all to themselves. June 26 is Canoe Day.

There is some evidence that canoes originated north of Japan in Siberia, but canoes are generally considered native to North America. The word *canoe* comes from the word *kenu*, which means “dugout.” The indigenous peoples of the Caribbean islands fashioned canoes by hollowing out massive tree trunks. In this way, they travelled from island to island.

The Indians of North America are responsible for the most popular and recognized version of the canoe. These first canoes were built out of wooden ribs covered with birch bark. The bark is light, smooth, abundant, resilient, and waterproof when sealed with pine resin.

The design has changed little since those early days. Canoes, just as then, are still the best way to explore many lakes, rivers, and waterways—capable of carrying 12 people and 6,000 pounds. However, since we can outfit modern canoes with back rests and other amenities, our trips may be a bit more comfortable than those of the pioneers.

## Avoid Kitchen Catastrophes

It may be time, on June 13, to face the fact that not everyone is a five-star or even four-star chef in the kitchen. Kitchen Klutzes Day is an opportunity to admit that mistakes do happen: starting the blender without the top on, forgetting that casserole in the oven until it's burned to a crisp, crying over an entire gallon of spilled milk. You could remedy these mishaps with a kitchen fan, a towel and a fire extinguisher, or you could take some advice at how to avoid some common kitchen mistakes.



The first, and perhaps best, piece of advice is to not just follow a recipe but to read it entirely before starting to cook. Check the recipe to also make sure you have all ingredients bought and prepared. This way you won't be left in the lurch when the recipe says "simmer for two hours" and your guests are at the doorbell.

Second, don't overcook! If you're afraid that your meat is too rare or your scrambled eggs are too runny, the solution is not to cook them for an extra 10 minutes. Instead, a meat thermometer is the best tool for deciding whether meat is done to your liking.

Also, many foods continue to cook after they're taken out of the oven or the pan, such as scrambled eggs. It's often a good practice to let the food sit for a few minutes once it's done. Meat redistributes its juices. Rice needs to steam. Even brownies need to set. Resting time is as important as cooking time.

Healthy types are always telling us that too much salt is bad for our diets, and this is true. But salt is also one of the most important ingredients to any dish. It brings out all flavors, be they sweet, savory, or sour. And pepper is often the perfect accompaniment. Then, if you're still looking for another flavor boost, use fresh herbs to perk up soups, eggs, meats, sauces, breads, and dairy products.

## Easy-Bake Biscuit Donuts

### Ingredients:

- 1 can refrigerated biscuit dough
- 1/4 c. vegetable oil
- 1/2 c. sugar
- 2 T cinnamon
- Baking pan
- Parchment paper
- Sugar bowl
- Small glass or lid to cut donut holes

*Makes 8 servings.*



1. Preheat oven to 425°F. Line a baking sheet with parchment paper.
2. Separate pre-cut biscuit dough and arrange on parchment about 2 inches apart.
3. Cut out holes from the center of each dough piece. Place holes on the parchment between donuts.
4. Brush vegetable oil evenly over dough.
5. Bake for 6 minutes.
6. Combine sugar and cinnamon in a medium bowl. Submerge each warm donut in the mixture, coating completely. Shake off excess cinnamon sugar and place on a serving plate.



### Notable Quote

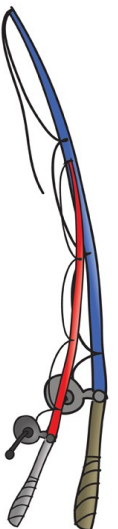
"You know when you're young you think you will always be.

As you become more fragile, you reflect and you realize how much comfort can come from the past."

~ Andy Griffith, born June 1, 1926



HAPPY FATHER'S DAY





# add more vegetables to your day

## 10 tips to help you eat more vegetables



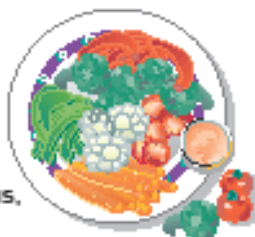
**It's easy to eat more vegetables!** Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your meals, follow these simple tips. It is easier than you may think.

### 1 discover fast ways to cook

Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.

### 2 be ahead of the game

Cut up a batch of bell peppers, carrots, or broccoli. Pre-package them to use when time is limited. You can enjoy them on a salad, with hummus, or in a veggie wrap.



### 3 choose vegetables rich in color

Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but also are good for you, too.

### 4 check the freezer aisle

Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen corn, peas, green beans, spinach, or sugar snap peas to some of your favorite dishes or eat as a side dish.

### 5 stock up on veggies

Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."



### 6 make your garden salad glow with color

Brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers, shredded radishes, chopped red cabbage, or watercress. Your salad will not only look good but taste good, too.



### 7 sip on some vegetable soup

Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups.

### 8 while you're out

If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish.

### 9 savor the flavor of seasonal vegetables

Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best-in-season buys. Or visit your local farmer's market.



### 10 try something new

You never know what you may like. Choose a new vegetable—add it to your recipe or look up how to fix it online.

**If your income is below \$1,437\*/month and one or more of these statements were TRUE for you in the last month...**

1. The food I bought just didn't last and I didn't have money to buy more.
2. I couldn't afford to eat nutritious or balanced meals.
3. I cut the size of my meals to stretch my groceries.
4. I skipped meals because I couldn't afford to buy food.
5. I sometimes ate less food than I should because I didn't have enough.
6. I was hungry but didn't eat because I couldn't afford to buy food.

**...Then you are eligible for**

# Groceries for Seniors

(A monthly free distribution of canned goods, shelf stable products and seasonal produce when available)



Friday, June 5, 2015  
1pm-2pm  
Frederick Senior Center  
Drive-Thru

**please bring photo id to register**

1440 Taney Avenue, Frederick, MD  
[www.FrederickCountyMD.gov/Aging](http://www.FrederickCountyMD.gov/Aging)  
or 301.600.3523 for info

**\*For one person household. Add \$503/person for each additional household member.**



A Partnership of Frederick County Department of Aging, Western Maryland Food Bank and Seed of Life, Inc.





# Picnic

Hosted by the  
Urbana Senior Center

## Food! Fun! Friends!

**Who:** You & Your Friends

**What:** Picnic: \$5/ person (suggested lunch contribution)  
(Menu: Fried Chicken Sandwich, Coleslaw, Potato Salad, Juice, Fruit, Dessert)

**When:** Thursday, June 11, 2015  
10:30 a.m.-1:30 p.m.

**Where:** Urbana District Park, Shelter #1  
3805 Urbana Pike (Rt. 355)  
Frederick, MD 21704

Reservations due by Tuesday, June 2, 2015.  
Reservations may be made at any Frederick County Senior Center  
If you need transportation contact your local senior center

For more information 301-600-7020  
[UrbanaSeniorCenter@FrederickCountyMD.gov](mailto:UrbanaSeniorCenter@FrederickCountyMD.gov)  
[www.FrederickCountyMD.gov/aging](http://www.FrederickCountyMD.gov/aging)



# Circle of Friends Memory Café & More

A place for family, friends and fun.

## When

Friday, June 19, 2015

11:30 am

## Where

Frederick County  
Department of Aging  
1440 Taney Avenue  
Frederick, MD 21702

## RSVP

Space is limited. Please  
RSVP to 301-600-6001 or  
[deptofaging@frederickcountymd.gov](mailto:deptofaging@frederickcountymd.gov)

RSVP must be received by Mon  
June 15th if ordering lunch.

## In Partnership With

alzheimer's  association®



This program offers a safe and relaxed place where caregivers, the person for whom they care, families, friends, and health and social professionals come together to share a meal, friendship and activity.

We meet the 3rd Friday of every month. The month's activity is followed by a box lunch. Come for the activity, the meal, or both. Box lunch options include: Cold cut sub, chicken patty sandwich, or vegetarian. A donation of \$2.50 per person, per boxed lunch is requested.

Join us in June for

## Ice Cream Social



Activity Sponsored by

Right at Home

Home Health Care Service

Lunch Sponsored by

Edenton Retirement Community

# Married with Humor

Since June is the month of weddings, share some wedding/marriage humor this month. Ask participants to bring in a favorite wedding photo.



## Jokes, Riddles, One-Liners, and Quotes

### The Ring Bearer

A little boy was in a relative's wedding. As he was coming down the aisle, he would take two steps, stop, and turn to the crowd (alternating between bride's side and groom's side). While facing the crowd, he would put his hands up like claws and roar. So it went—step, step, ROAR, step, step, ROAR—all the way down the aisle. As you can imagine, by the time he reached the pulpit, the crowd was near tears from laughing so hard. The little boy, however, was getting more and more distressed from all the laughing and was near tears himself. When asked what he was doing, the child sniffed and said, "I was being the Ring Bear."

### Breakfast in Bed

On the way to our wedding reception, I said tenderly to my brand-new husband, "It's really special the way your mom and dad love each other so much after all their years of marriage. The thing I think is especially thoughtful is that each morning he brings a cup of steaming hot coffee to her in bed. Is that an inherited quality?"

"You bet it is!" my husband said. "I take after my mother."

### 50th Wedding Anniversary

A couple goes out to dinner to celebrate their 50th wedding anniversary. On the way home, the wife notices a tear in her husband's eye. She asks if he's getting sentimental because they're celebrating 50 wonderful years together. He replies, "No, I was thinking about the time before we got married. Your father threatened me with a shotgun and said he'd have me thrown in jail for 50 years if I didn't marry you. Tomorrow I would've been a free man."

### One-liners

- Man is incomplete until he is married. Then he is finished.
- Before marriage, a man YEARNs for the woman he loves. After marriage, the "Y" becomes silent.
- The honeymoon is over when the husband calls home to say he'll be late for dinner and the answering machine says it is in the microwave.
- To heck with marrying a girl who makes biscuits like her mother; I want to marry one who makes dough like her father.

### Quotes

- The husband who wants a happy marriage should learn to keep his mouth shut and his checkbook open. ~ Groucho Marx
- Marriage is a great institution, but I'm not ready for an institution. ~ Mae West
- By all means, marry. If you get a good wife, you'll be happy. If you get a bad one, you'll become a philosopher. ~ Socrates
- Prescription for a happy marriage: Whenever you're wrong, admit it, whenever you're right, shut up. ~ Ogden Nash
- Every man should take a wife to tell him how to live his life. ~ Anonymous (for obvious reasons)



# Discuss & Recall-Discussions and reminiscence programs

## I Spy, You Spy, We All Spy

This learning and discussion activity explores the world of drones and takes a look at the good and bad of what they can do.

### Preparations & How-To's

- This is a copy of the complete activity for the facilitator to present. Use the Discussion Starters to help get a conversation going.



## I Spy, You Spy, We All Spy-Introduction

Unmanned Aerial Vehicles (UAV), or drones, as they are commonly called, seem to be everywhere these days—in the skies and in the news.

Drones have been used extensively for military purposes, but they also have wide civilian and commercial applications. Because they are small and can fly low to the ground, many people object to them for privacy reasons. But it's their low-flying maneuverability that makes them perfect for observing forest fires or searching for disaster victims in areas where it would be risky for people to go. Let's explore the history as well as the pros and cons of how and why these fascinating flying machines are used in today's changing world.

### Drone History

The concept of drones dates back to the mid-19th century when Austria attacked Venice with unmanned, bomb-laden balloons. But the drones we know today actually have their origins in the early 20th century when similar, although less complex, vehicles were used by the military for target practice.

The Aerial Target made by A.M. Lowe in 1916 marks the earliest attempt at a powered, unmanned flying vehicle. During and after World War I, several remote-control airplanes were developed; among them was the Hewitt-Sperry Automatic Airplane.

During World War II, drones participated in attacks and were used to train U.S. anti-aircraft gunners. The United States wasn't the only country to develop drones—Nazi engineers produced several remotely piloted flying vehicles during the course of the war. Research continued, and after World War II, jet engines were added to drones.

### Discussion Starters

- Have you ever seen a drone? Where? Share your experience.
- Are you, or is anyone you know, a radio-controlled airplane hobbyist? Share your experiences.
- What do you think about the use of military drones for surveillance and intelligence gathering outside the United States?

## **Beyond Military Use**

While military use of drones may be the first thing that comes to mind, these unique flying machines have many peaceful applications. They can be used to survey crops, count and monitor wildlife and livestock herds, deliver medical and emergency supplies, search for lost people, survey land, detect forest fires at the earliest stages, monitor power lines and pipelines, and provide movie footage.



## **Sporting Events and More**

Because they are so small and maneuverable, drones can get closer to athletes and show us a view of sports—from football to skiing—that we might otherwise never see. Drones were used with great success to film skiing and snowboarding in the 2014 Winter Olympics in Sochi.

Scientific research, especially projects conducted in dangerous or inhospitable areas, is becoming increasingly dependent on drones. The U.S. National Oceanic and Atmospheric Administration has been using them since 2006 for spotting hurricanes; the drones are also able to immediately communicate the data they collect to the National Hurricane Center.

In 2008, drones were used to search for and provide rescue information to find victims of the hurricanes that struck Louisiana and Texas. Carrying optical sensors, the drones were able to “see” through clouds, rain, and fog during daytime or nighttime and send back images in real-time.

## **Discussion Starters**

- Some people think that because using drones for military attacks eliminates risk to the pilot, such attacks are more likely. What do you think?
- What would you do if you saw a drone flying near your home?
- Do you think private citizens who want to fly drones as a hobby should be licensed? Why or why not?

## **Transporting Critical (and Noncritical) Cargo**

In 1925, lifesaving diphtheria antitoxin was rushed across Alaska to Nome by dogsled. It took almost six days and 20 teams of mushers with 150 dogs to save the small city. Today, a drone could deliver that medicine in a matter of hours or even minutes. Ambulance drones can even deliver defibrillators or other critical equipment and send vital information to remote doctors or paramedics.

Recently, several companies, including Amazon.com, have attempted to use drones for the delivery of noncritical items such as pizza and have been blocked by Federal Aviation Authority (FAA) regulations.

Google has been trying drone delivery in Australia for the past two years in hopes of expanding its logistics system.

## The Cold War Drones On

During the Cold War, the United States military was worried about losing reconnaissance pilots over hostile territory and began planning use of unmanned aircraft for this purpose. When Francis Gary Powers, a U-2 pilot was shot down over the Soviet Union in 1960, the United States launched a highly classified UAV program called Red Wagon, to step up development of surveillance drones. By 1964, drones were flying combat missions in the Vietnam War.



The Israelis developed the first drones with real-time surveillance capabilities in response to heavy losses from attacks by Egyptian and Syrian surface-to-air missiles during the Yom Kippur War in 1973. It was images and radar decoying that helped Israel destroy Syrian planes at the beginning of the Lebanon War in 1982—without losing a single pilot.

Development of military drones continued to advance, and in the 1990s, the United States began working with Israel on joint projects. In addition to the use of drones for military purposes, the CIA has increasingly used UAVs for surveillance and intelligence gathering since the terrorist attacks on September 11, 2001.

By 2012, the United States was using over 7,000 drones—that means almost one out of every three military aircraft was a drone. And for the first time, the U.S. Air Force was training more drone pilots than fighter pilots. And the United States is not alone in drone usage. In 2013, at least 50 countries, including Iran, Israel, and China, now fly (and likely make) their own UAVs.

## Check Your Drone Knowledge

Think you know a bit about drones? Just for fun, try answering these fun questions!

### 1. Why did the World Wildlife Fund buy two drones for the Nepal National Parks?

So the park rangers could monitor rhinos, tigers, and elephants and help stop poachers.

### 2. Why was Francesco's Pizza in Mumbai, India, investigated by the police?

Because on May 14, 2014, the pizza restaurant made a test delivery of pizza with a drone.

### 3. Japanese farmers have been using drones for almost 30 years. What do they use them for?

Dusting crops.

### 4. Why did the British League Against Cruel Sports use drones in March 2013?

To gather evidence against people who were illegally hunting foxes and other animals.

### 5. How did a drone help someone with dementia? In 2014, a drone was used to find an elderly dementia patient who had been missing for three days.

### 6. Currently, about what percent of U.S. Air Force pilots fly drones? About 8.5 percent.

### 7. Does the U.S. Air Force train more drone pilots or more fighter pilots? As of mid-2014, more drone pilots were being trained than fighter and bomber pilots combined.

### 8. Who regulates non-recreational drones? The Federal Aviation Authority (FAA).

### 9. What two countries are considered drone pioneers? The United States and Israel.

### 10. How high does the FAA allow hobbyists to fly their drones? FAA regulations state that hobbyists can fly their drones under 400 feet and within the operator's line of sight.



## Health & Fitness—Plastic Grocery Bag Exercises

Plastic grocery bags make great exercise props because they are lightweight and easy to grasp. They can be used as an alternative to scarves or ribbons.



### Props and Setup

- You will need a supply of lightweight plastic grocery bags (all the same size).
- Arrange seating in a circle with plenty of arm room.

### Exercises

#### Waving Exercises

Hold one bag in each hand, grasping them at the bottom corners.

1. With arms straight out in front, wave the bags up and down. First, lift and lower alternating arms. Then wave both arms together.
2. Make arm circles out to the side. Wave the bags forward and then backward.
3. Bend one arm at the elbow and whip the bag in a cracking motion. Repeat with the other arm.
4. Do figure eights with one arm and then the other.
5. Wave your arms back and forth in front in a scissor motion, alternating right and left hand on top.
6. Hold the bags out to the side. Then bring your arms together while waving the bags up and down.
7. Hold both arms outstretched in front. Wave both arms as far as possible to the right and then to the left.
8. Write your name in the air with your writing hand. Then try the other hand.

#### Tossing Exercises

1. Holding a bag in each hand, toss them up in the air and try to catch them in the same hands with which you tossed them.
2. Holding a bag in each hand, toss the bags up in the air and try to catch both bags in the *same* hand.
3. Toss one bag up in the air and catch it with the opposite hand.
4. Repeat #3 with a bag in each hand.
5. Sit on one hand. Toss the bag in the air with the other hand and catch it. Repeat with the other hand.
6. Working with a partner, toss a bag back and forth and see how long you can keep it in the air.

#### Leg Exercises

1. Toss one bag in the air and try to catch it on your foot.
2. Place a bag on top of your foot, toss it in the air, and try to land it on your other foot.
3. Place a bag on the floor and kick it up in the air.
4. Place a bag over one foot. Transfer the bag to the other foot without dropping it.

#### Other Exercises

1. Tie and untie a knot in the center of the bag to exercise the fingers.
2. Bunch up the bag into a ball to exercise the fingers and hands.
3. Toss a bag up in the air. As it comes down, try to blow it away from the body as far as possible.

# Blackboard Key Holder

Have fun creating this simple yet stunning wood blackboard project—you can change the message whenever you like.

## You will need:

- ☐ Wood plaque (roughly 5" X 7"; can be found at most craft supply stores)
- ☐ Medium-grit sandpaper
- ☐ Three 2 1/16" screw hooks
- ☐ Two small eye hooks
- ☐ 12" piece of twine
- ☐ Black chalkboard paint (can be found in 2-ounce bottles at most craft supply stores)
- ☐ Painting supplies (brush, water for cleaning brush, paper towels)
- ☐ Ruler
- ☐ Scissors
- ☐ Chalk
- ☐ (Optional) Pliers
- ☐ (Optional) Rubber gloves

## Directions:

1. Use sandpaper to smooth the edges, corners, and any rough areas of the wooden plaque. (Optional) Wear rubber gloves.
2. Apply two coats of chalkboard paint to the front and sides of the plaque. Allow paint to dry between coats.
3. Attach three screw hooks to one of the longer edges of the plaque. Space the screw hooks evenly along the edge. Press the screw hook into the wood and continue turning until the threads are no longer visible. Use a pair of pliers if needed to provide grip on the screw hooks while turning. Make sure all screw hooks face forward when finished.
4. In the same manner as above, attach two eye hooks to the corners of the opposite long edge of the plaque.
5. To make a hanger, tie the ends of the twine to the eye hooks.
6. Use chalk to decorate your key holder. You can erase your design and start again as many times as you want!



# Pie Pan Butterfly Garden

If you don't have flowers that attract butterflies, you can still have a butterfly garden with a pie pan and some fruit.

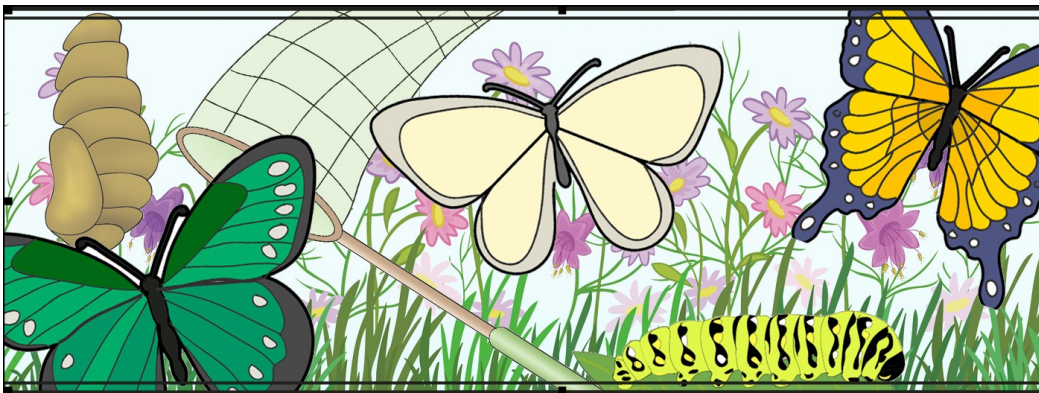
## You will need:

- ☐ An aluminum pie plate
- ☐ A large nail or awl
- ☐ Twine
- ☐ Slices of overripe fruit

## Directions:

1. Use a nail to poke four evenly spaced holes around the pie plate.
2. Cut four 24" pieces of twine. Thread and knot an end of twine through each of the four holes.
3. Gather and knot the loose ends of twine.
4. Slice fruit and place in the feeder. Hang it on a tree branch and watch for butterflies to come feed!

**Note:** Butterflies prefer fruit that is overripe because it has more natural sugars. Don't throw away those brown bananas or bruised apples; slice them up for your butterfly feeder.



Butterflies are particularly fond of oranges, grapefruits, cantaloupe, strawberries, peaches, nectarines, kiwi, apples, watermelon and bananas, especially mushy bananas that have been stored in the freezer and then thawed.



# Missing Vowels

Each item below is the name of a type of bug or invertebrate. The vowels *a, e, i, o, u,* and *y* have been removed. Can you figure out the missing vowels to fill in the full names for each?

1. GNT \_\_\_\_\_
2. SPDR \_\_\_\_\_
3. BTL \_\_\_\_\_
4. GRSSHPPR \_\_\_\_\_
5. WSP \_\_\_\_\_
6. FRFL \_\_\_\_\_
7. MTH \_\_\_\_\_
8. BTTRFL \_\_\_\_\_
9. TCK \_\_\_\_\_
10. WRM \_\_\_\_\_
11. CTRPLLR \_\_\_\_\_
12. CRCKT \_\_\_\_\_
13. CCKRCH \_\_\_\_\_
14. SCRPN \_\_\_\_\_



# June IQ

There's more to June than Father's Day. Test your June IQ.

1. Which of the following does **NOT** occur in June?
  - A. Flag Day in the United States
  - B. Anniversary of D-day
  - C. Preakness Stakes
  - D. Father's Day
2. Disney's *Lady and the Tramp* was first released to theaters on June 22, 1955. What is the name of the female dog in the animated film?
3. Which is true of the summer solstice (June 21) in the northern hemisphere?
  - A. It is the longest day of sunlight.
  - B. It is the shortest day of the year.
  - C. It never rains on this day.
  - D. It is always on the same date every year.
4. What are the two zodiac signs for June?
  - A. Gemini and Cancer
  - B. Sagittarius and Leo
  - C. Aries and Taurus
  - D. Pisces and Aries
5. June is named for the goddess Juno. Was Juno a Roman or a Greek goddess?
6. Who wrote the lyrics and music for the song "June Is Bustin' Out All Over"?
  - A. Ira and George Gershwin
  - B. Irving Berlin
  - C. Steven Sondheim
  - D. Richard Rodgers and Oscar Hammerstein II
7. True or false? June was the sixth month in the Julian and Gregorian calendars.
8. What is the French word for *June*?
  - A. *Juin*
  - B. *Peut*
  - C. *Juillet*
  - D. *Janvier*
9. Meryl Streep was born on June 22, 1949. Which is **NOT** one of her films?
  - A. *Kramer vs. Kramer*
  - B. *The Iron Lady*
  - C. *On Golden Pond*
  - D. *Out of Africa*
10. Fill in the blank: The licorice candy named Good and \_\_\_\_\_ was trademark registered on June 12, 1928.
11. Steffi Graf was born on June 14, 1969. What sport did she play?
12. What is the birth flower for June?
  - A. Rose
  - B. Tulip
  - C. Daisy
  - D. Narcissus
13. What Margaret Mitchell novel was published on June 30, 1936?
14. True or false? The diamond is the birthstone for June.
15. Who became the first African-American justice on the U.S. Supreme Court on June 13, 1967?
  - A. Martin Luther King Jr.
  - B. Thurgood Marshall
  - C. Frederick Douglass
  - D. Nelson Mandela

# June IQ Answers



1. (C) Preakness Stakes. It occurs on the third Sunday in May every year. This second jewel of the Triple Crown is always held in Maryland.
2. Lady. She was a cocker spaniel. The male dog, Tramp, was a mixed breed.
3. (A) It is the longest day of sunlight. The summer solstice, which begins between June 20 and June 22 each year, is the beginning of summer in the northern hemisphere. It is the shortest day of the year in the southern hemisphere.
4. (A) Gemini and Cancer. Gemini is May 21 to June 21. Cancer is June 22 to July 22.
5. Roman. Juno was an ancient Roman goddess. Her Greek equivalent was Hera.
6. (D) Richard Rodgers and Oscar Hammerstein II. The song is from *Carousel*, their second collaboration.
7. True. June was originally the fourth month in the Roman calendar.
8. (A) *Juin*. *Peut*, *juillet*, and *janvier* are *May*, *July*, and *January* in French.
9. (C) *On Golden Pond*. That film starred Henry Fonda, Katharine Hepburn, and Jane Fonda.
10. Plenty. The brightly colored, coated licorice candy is still sold today.
11. Tennis. The German tennis player won 22 Grand Slam titles during her career.
12. (A) Rose. Different shades of roses mean different things. A red rose means "I love you."
13. *Gone with the Wind*. Mitchell received the Pulitzer Prize for Fiction for the classic novel in 1937.
14. False. The pearl is the birthstone for June. The diamond is the April birthstone.
15. (B) Thurgood Marshall. He served as Supreme Court Justice until 1991.





# Flag Day

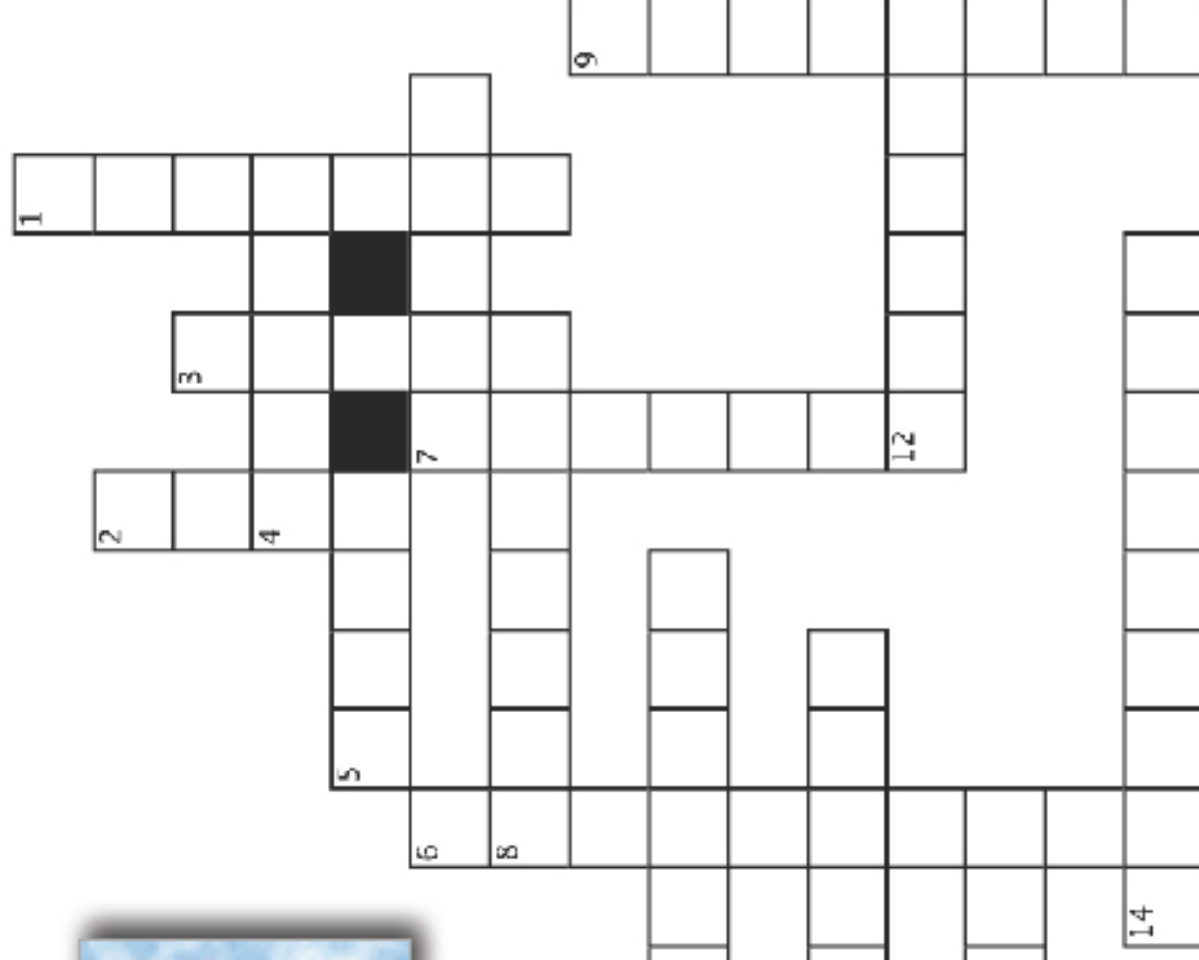


## ACROSS

4. Togetherness
5. Flag Day month
7. Five-pointed symbols
8. Freedom
10. Self-government
11. United States of \_\_\_\_\_
12. Emblem
13. Number of stripes on the flag
14. Maker of the first flag

## DOWN

1. Nation
2. A primary color
3. Number of stars on the flag
6. The Pledge of \_\_\_\_\_
7. Long, narrow bands
9. Nickname for the flag (two words)



# "Tie" the Knot

Use the clues to find words that rhyme with *tie*.

1. Weep
2. How come?
3. Arid
4. Bashful
5. Fella
6. Cook in oil
7. Attempt
8. Pay cash for
9. Dessert choice
10. Secret agent
11. Hair coloring
12. Spiced tea
13. Deli bread
14. The heavens
15. Use a crowbar
16. Soar
17. Sound of relief
18. Leg part
19. Elevated
20. Cunning



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# Grand Old Flag

Fill in the missing lyrics from "You're a Grand Old Flag" and then find the words in the puzzle. Search horizontally, vertically, diagonally, forward, and backward.

A	I	W	I	R	F	C	F	M	E	L	B	M	E	E
S	C	C	H	L	K	V	O	K	C	I	E	V	N	G
E	O	Q	Y	I	A	J	R	E	A	L	A	U	A	L
G	K	I	U	K	T	J	E	C	F	R	Q	L	L	Q
D	N	S	M	A	V	E	V	A	B	G	F	L	O	B
G	D	Q	C	Q	I	F	E	E	E	A	O	C	F	X
J	D	D	G	Q	T	N	R	P	H	R	V	Y	Y	R
A	Q	F	N	A	W	S	T	K	G	B	Z	J	V	B
L	H	H	E	A	R	T	E	A	A	B	I	B	T	P
P	F	C	U	L	R	S	T	R	N	P	Y	O	C	N
S	A	W	U	P	Q	G	L	T	R	C	N	A	U	F
B	J	J	H	Q	S	M	S	I	L	R	E	S	Q	K
Z	Y	N	Y	A	F	X	R	O	R	E	D	T	S	S
U	W	O	B	G	F	W	V	J	U	K	T	L	T	H
D	M	H	W	F	E	E	R	F	Y	Z	X	E	L	Q



You're a \_\_\_\_\_ old flag, You're a high \_\_\_\_\_ flag  
And \_\_\_\_\_ in \_\_\_\_\_ may you wave. You're the \_\_\_\_\_ of  
the land I \_\_\_\_\_. The home of the \_\_\_\_\_ and the \_\_\_\_\_.  
Ev'ry \_\_\_\_\_ beats true 'neath the \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_,  
Where there's never a \_\_\_\_\_ or \_\_\_\_\_.  
Should auld \_\_\_\_\_ be forgot,  
Keep your eye on the grand old \_\_\_\_\_.



# Secret Summer Message

Follow the instructions to cross off words in the table.  
What do the remaining words say?

1. Cross off all words that begin with the letter *T*.
2. Cross off all words that are autumn months.
3. Cross off all words that are insects.
4. Cross off all three-letter words.
5. Cross off all words that rhyme with *bread*.
6. Cross off all words that are food.
7. Cross off all words that are palindromes that have two or more letters.



A	radar	tiger	spread
life	October	new	firefly
table	without	flea	level
head	love	like	apple
cake	is	a	November
type	dread	civic	sky
lie	ice cream	year	tree
kayak	September	moth	without
said	doe	asparagus	rotor
beetle	trick	row	summer







# Summer Vacation Detective

The Bell kids were thrilled 'cause they'd passed their classes and school had just ended. Summer break was ahead and they knew it was going to be splendid.

As mom hung a **clothesline** for drying towels and swimsuits from now 'til Labor Day The kids returned with treasures from a school picnic filled with celebration and play.

Emily Bell emptied her bag to present **3 pinwheels, 8 suckers and a certificate of honor**

With **4 butterflies** fluttering above, mom used a **clothespin** to hang the certificate of her scholar.

Anna dumped her bag into a **wagon** to share **4 deflated balloons, an ace bandage and a coke**

And the **3 water guns, 3 crazy straws and toy shark** won at the Ring-Toss – Anna was stoked!

With great delight Alex showed off an empty **Popsicle box** filled with **8 Popsicle sticks** licked clean. He ate them all just before winning a brand new **Whoopee Cushion** in a lovely shade of green. The day's festivities didn't end there, mom continued the fun with treats, love and cuddles

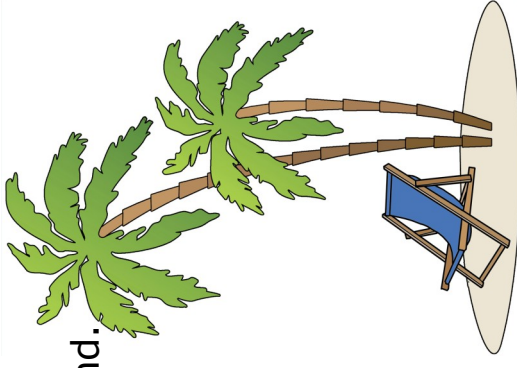
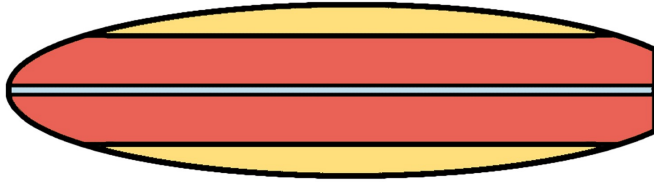
She passed out **3 Yoohoo drinks, 3 boxes of Cracker Jacks and 3 bottles of bubbles.**

Deciding that starting summer vacation tomorrow was much too long await

Mom got her **sunglasses** and the kids' suits for a late day family swim date.

With **3 pool passes** for the kids and **3 locks** for pool lockers in hand

The Bells enjoyed an evening dip as they kicked off their summer so grand.





# Cathy's Corner

This is my favorite time of year, "flip-flop" season, working in the garden, vacations, taking time for yourself.

PICINCS are a huge part the summer and the Department of Aging would like to invite you to take advantage of the picnics that we have scheduled in the coming months.

JUNE-Urbana Senior Center picnic at the Urbana District Park

JULY-Brunswick Senior Center picnic at the Brunswick City Park

AUGUST-Emmitsburg Senior Center picnic at the Utica District Park

SEPTEMBER-Frederick Senior Center picnic at the Frederick Senior Center

Upcoming events will be included in future newsletters. Enjoy!



## Missing Vowels (solution)

1. GNAT
2. SPIDER
3. BEETLE
4. GRASSHOPPER
5. WASP
6. FIREFLY
7. MOTH
8. BUTTERFLY
9. TICK
10. WORM
11. CATERPILLAR
12. CRICKET
13. COCKROACH
14. SCORPION

## Secret message:

A life without love  
is like a year with-  
out summer. ~  
Swedish Proverb

## "Tie" the Knot (solution)

- |         |          |
|---------|----------|
| 1 cry   | 2 why    |
| 3 dry   | 4 shy    |
| 5 guy   | 6 fry    |
| 7 try   | 8 buy    |
| 9 pie   | 10 spy   |
| 11 dye  | 12 chai  |
| 13 rye  | 14 sky   |
| 15 pry  | 16 fly   |
| 17 sigh | 18 thigh |
| 19 high | 20 sly   |

